ways to help your child improve his or her test scores!

- Review together the content to be tested.
- Show your child how to stretch and do deep breathing to relax during a test.
- Tell your child to always listen and read the directions carefully, raising his or her hand for help, if the directions are not clear.
- Tell your child to answer all the questions that are easy <u>first</u> and then go back to the harder questions.
- Remind your child to check his or her answers and answer sheet before handing in the test.
- On the day of the test, make sure your child has had a good night's sleep and a good breakfast.
- On the day of the test, make sure your child dresses in comfortable clothing.
- On the day of the test, make sure your child arrives at school on time.
- On the day of the test, give your child words of encouragement and praise to support his or her efforts.
- Encourage your child to want to do well, but remind him or her that one test does not measure everything he or she knows or his or her special talents.



Remember:

Parents' attitudes about school influence a child's success. Children who have postive attitudes about school do better on tests.

For further information, please contact Lynne Greenwood at 801.538.7828 or lynne.greenwood@schools.utah.gov

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